

Fall 2013

Programming for September-November

Parks, Recreation & Natural Resources
Recreation Program Announcement



Pre-K & School Age Programming

Fall Dance

DeForest Area Community & Senior Center, Community Room
Please enter from side door
Mondays, Sept 9-Oct 28
Program will conclude in an end of the season recital!
\$45

Reg. Deadline: Aug. 26

Ballet 3-4	Jazz 3-4	Ballet 5-6	Jazz 5-6	Poms 7-8
4:45-5:15 pm	5:15-5:45 pm	5:45-6:15 pm	6:15-6:45 pm	6:45-7:15 pm



Doodle Bugs

Come into our art studio and explore the fun and excitement of Doodlebugs! We will use colors, textures, and imagination to create wonderful works of art. Bring your mom or dad and have a blast!

DeForest Area Community & Senior Center, Community Room
Please enter from side door
2-4 yrs with caretaker
Saturdays, Sept 21-Oct 12
10:00-10:30 am
\$30

Reg. Deadline: Sept. 6

Lego Club

Let's see what kind of buildings your great Lego builders can create. Each week kids will learn about and build different structural buildings including agricultural barns, commercial hotels and restaurants, residential homes and apartments, castles and more.

DeForest Area Library
Lower Level—Community Room
5 yrs +
Wednesday, Oct. 30-Dec 11
(No Class Nov. 27)
6:00-7:00 pm
\$20

Reg. Deadline: Oct. 16

Kiddo Kickball

A classic past time that everyone can enjoy! Kickball is just plain fun. Join us!
DeForest ~ Windsor Area Parks
Saturday Mornings
Sept 7-Oct 12
\$20 (includes t-shirt)
Reg. Deadline: Aug. 2
(Adult captains needed)

4-5 yrs	6-7 yrs	8-9 yrs
10:00 am	11:00 am	12:00 pm

Story Theater

Wear your pajamas! We will jump into books and make them come alive! We've chosen 4 of the best children's books to create in our own classroom! Lots of costumes, fun, and imagination!

DMS Large Group Room 43
2-4 yrs with caretaker
Thursdays, Oct. 17-Nov. 14
(No class Oct 31)
6:30-7:00 pm
\$15

Reg. Deadline: Oct. 3

Superhero Training

Do you have what it takes to be a crime fighter? We will test your super power abilities through games and challenges and make a super hero mask!

DMS Large Group Room 43
5-8 yrs
Wednesday, Sept. 25
5:30-6:30 pm
\$10

Reg. Deadline: Sept. 11

Youth Golf Lessons

Lake Windsor Golf Club professionals will cover safety, sportsmanship & etiquette, while being introduced to the fundamentals of the game of golf. Clubs provided.

Lake Windsor Golf Club
Saturdays, Sept. 7-28
\$35

Reg. Deadline: Aug. 23

6-8 yrs	9-12 yrs
10:00-10:45 am	9:00-9:45 am

Program confirmations are not sent!

If you do not hear from the department, please plan for your program as scheduled! If there are changes to programs, you will be contacted.

Family & Adult Programming

Family Fit Night

Through a variety of games everyone in your family will be running, jumping, laughing and challenged all while getting exercise. Each week we will learn and play new physical fitness games to get us up and moving. We will end the class discussing tips to stay fit and enjoy a healthy snack. Each week a different family will be asked to provide a healthy snack.

Holum Education Center Gym
Families (children must be at least 5 yrs)
Thursdays, Sept. 19-Oct 10
6:30 -7:15 pm
\$20 per family
Reg. Deadline: Sept. 5

Yoga

Lisa Lawrence will lead this yoga class to increase flexibility, strengthen and lengthen muscles, increase circulation, aid digestion and lower stress. Lisa brings 33 years of experience. Her style is upbeat and filled with humor.

DeForest Area Community & Senior Center, Community Room
Please enter through side door
Aug. 7-Sept. 25
Oct. 2-Nov. 20
Wednesdays, 5:45 - 6:45 pm
\$35, Bring yoga mat
Reg. Deadline: July 24; Sept. 18

Ballroom Dancing

Mike & Deb Moe have been dancing for 20 years and teaching for 5 years. They will be teaching Rumba, a rhythmic Latin dance, and Swing, a fun dance done to lively music. These classes are designed for beginning dancers and dancers that want to learn a new dance. You will learn, step-by-step the mechanics of the dance, how to lead & follow and how to move around the dance floor.

DeForest Area Community & Senior Center, Community Room
Please enter through side door
Sept. 19-Nov. 21 (No Class Oct 3 & 31)
Thursdays, 6:00-7:00 pm
\$40 couple; \$20 single
Reg. Deadline: Sept. 5

Digital Photography 101 & 102

Whether you are just thinking about buying your first digital camera or have been shooting a while, you will do better when you get out of the auto modes. Learn how to operate your camera and be a better photographer no matter the subject. Many have said this class is all you may ever need. Bring camera to first class.
18 yrs+
Tuesdays, Sept 10, 17 & 24
\$50
Reg. Deadline: Sept 3

Total Fitness Training

Midwest Professional Karate
18 yrs+
Sept. 3-Oct 26
Oct. 29-Dec. 21
8 classes for \$35
16 classes for \$55
24 classes for \$74
Reg. Deadline: Aug 26; Oct. 15

Tuesdays	Thursdays	Saturdays
7:00-8:00 pm	7:00-8:00 pm	8:00-9:00 am
R.I.P.P.E.D Resistance, interval, power, pylometrics, endurance	Alternate between super circuit and kick boot/ cross fit	Alternate between super circuit and kick boot/ cross fit

Functional Fitness

Classes focus on using bands, medicine and balance balls, and free weight to tone and sculpt muscles. This self paced class will also incorporate some cardio exercises and will be set to music with no complicated choreography to memorize.

Karate America
(NEW location 318 N. Main Street)
16 yrs +
Aug. 31-Oct 19
Oct 26-Dec. 14
Saturdays, 9:00-10:00 am
\$25
Reg. Deadline: Aug. 16; Oct. 11

Family Fishing

Kick back, relax and fish. DNR educated fish anglers will be demonstrating technique, and show you how to really fish! Prizes will be awarded for biggest and smallest fish. Poles are provided.

Thank you to our sponsor!
Friends of the Yahara River Headwaters

Sunfish Pond (Windsor Road)
All ages with parent
Saturday, Oct 5
9:00-11:00 am
\$5, snack provided
Reg. Deadline: Sept. 20

Cardio Kickboxing

Cardio Kickboxing blends self-defense, dance and kickboxing with today's hottest music. Self-paced instructors guide you through a variety of punches, kicks, knees, elbows, calisthenics, and stretching exercises based on your own fitness level!

Karate America
(NEW location 318 N. Main Street)
16 yrs +
Aug. 31-Oct 19
Oct 26-Dec. 14
Saturdays, 8:00-9:00 am
\$25
Reg. Deadline: Aug 16; Oct. 11

Zumba

Zumba is a fusion of Latin and international music-dance themes that create a dynamic, exciting, effective fitness system. Join in on the party!

Eagle Point Gym
16 yrs+
Sept 3-Oct 22
Oct. 29-Dec. 17
Tuesdays, 6:00-7:00 pm
\$32
Reg. Deadline: Aug. 20; Oct. 15

Fall Co-Ed Kickball League

Grab your friends and come play in this recreational league!
Team packets can be picked up at the Village Office.

Fireman's Park Diamonds
Must be 18 yrs+
Thursdays, Sept. 5-Oct. 10
Games at 5:45 & 6:45 pm
Register by team (\$125) or player (\$20)
*Teams must have minimum of 10 players
Reg. Deadline: August 22



Program Registration Form

DeForest Parks, Recreation & Natural Resources Department

Completed registration and payment should be mailed to or dropped off at:
Village Hall, 306 DeForest St., DeForest, WI 53532 (608) 846-6751

☐ I have read and agree to the **CONCUSSION AGREEMENT AND INFORMATION**

(Please review agreement and information on our website
www.videforest.wi.us--recreation programs)

Name/Parent/Guardian: _____

Email: _____

Address: _____

City: _____

Zip: _____

Day Phone: _____

Eve Phone: _____

Cell Phone: _____

Emergency Contact :

Relationship of Emergency Contact:

Day Emer. Phone: _____

Eve Emer. Phone: _____

Cell Emer. Phone: _____

Does participant have any allergies or health conditions, if so, state below:

Program Name	Participant Name	Sex	Date of Birth	Grade in 12-13 School Year	Shirt Size	Fee
Session:						
Session:						
Session:						
Session:						
Additional Notes/Requests (Please limit your requests for teammates/coaches to no more than 2 per player)						Total \$ Due:

**Please note session if applicable. Notice some programs are offered by sessions depending on age or other variables.*

Release of Liability & Photo

By registering or participating, the registrant understands that individual accident insurance is not provided for The Village of DeForest Parks, Recreation and Natural Resource Programs and agrees to adhere to program rules. I do hereby, for myself, my heirs, executors, administrators, waive, release, and forever discharge any and all rights and claims for the damages that I may have or that may hereafter accrue to me arising out of or, in any way connected with my participation in the Village of DeForest Parks, Recreation and Natural Resources Program. Photos or film may be taken during program for educational and marketing purposes.

Parent/Registrants (if 18 yrs or older): _____

Date: _____

Signature

INTERESTED IN COACHING???

_____ Please place an (*) next to the participant for whom you wish to volunteer as HEAD coach. Your Name _____

_____ Please place an (+) next to the participant for whom you wish to volunteer as ASST. coach. Your Name _____